

Welcome to the AmisVélo Sportive

RIDERS ARE REMINDED...

- THIS IS A NON-COMPETITIVE EVENT.
- YOU PARTICIPATE ENTIRELY AT YOUR OWN RISK.
- NO RESPONSIBILITY CAN BE ATTACHED TO THE ORGANISER OR CLUB HELPERS.

IT IS ESSENTIAL THAT ROAD LAWS & THE HIGHWAY CODE ARE FOLLOWED AT ALL TIMES, IN PARTICULAR STOP & WARNING SIGNS. AT ALL JUNCTIONS ALWAYS ENSURE IT IS SAFE TO PROCEED.

THE ROUTES CROSS HIGH SPEED MAIN ROADS IN SEVERAL PLACES- DO NOT TAKE ANY RISKS AT THESE POINTS

YOU MUST RIDE RESPECTFULLY & CONSIDERATELY TO ALL ROAD USERS. THE ROUTE USES SOME MINOR ROADS WHICH IN PLACES ARE IN POOR CONDITION WITH HOLES, WATER & SURFACE DEBRIS.

WE HOPE RIDERS OF ALL ABILITIES & EXPERIENCE WILL TAKE PART, SO PLEASE...

- CALL OUT DIRECTIONS & HAZARDS EARLY & CLEARLY.
- BE PATIENT.
- OFFER ENCOURAGEMENT, ADVICE & SUPPORT WHEN APPROPRIATE.

ALTHOUGH DIRECTION SIGNS HAVE BEEN PUT UP AT TURN POINTS, THESE MAY STILL BE TAMPERED WITH SO FAMILIARISE YOURSELF WITH THE ROUTE IN ADVANCE & USE THESE NOTES TO STAY ON COURSE.

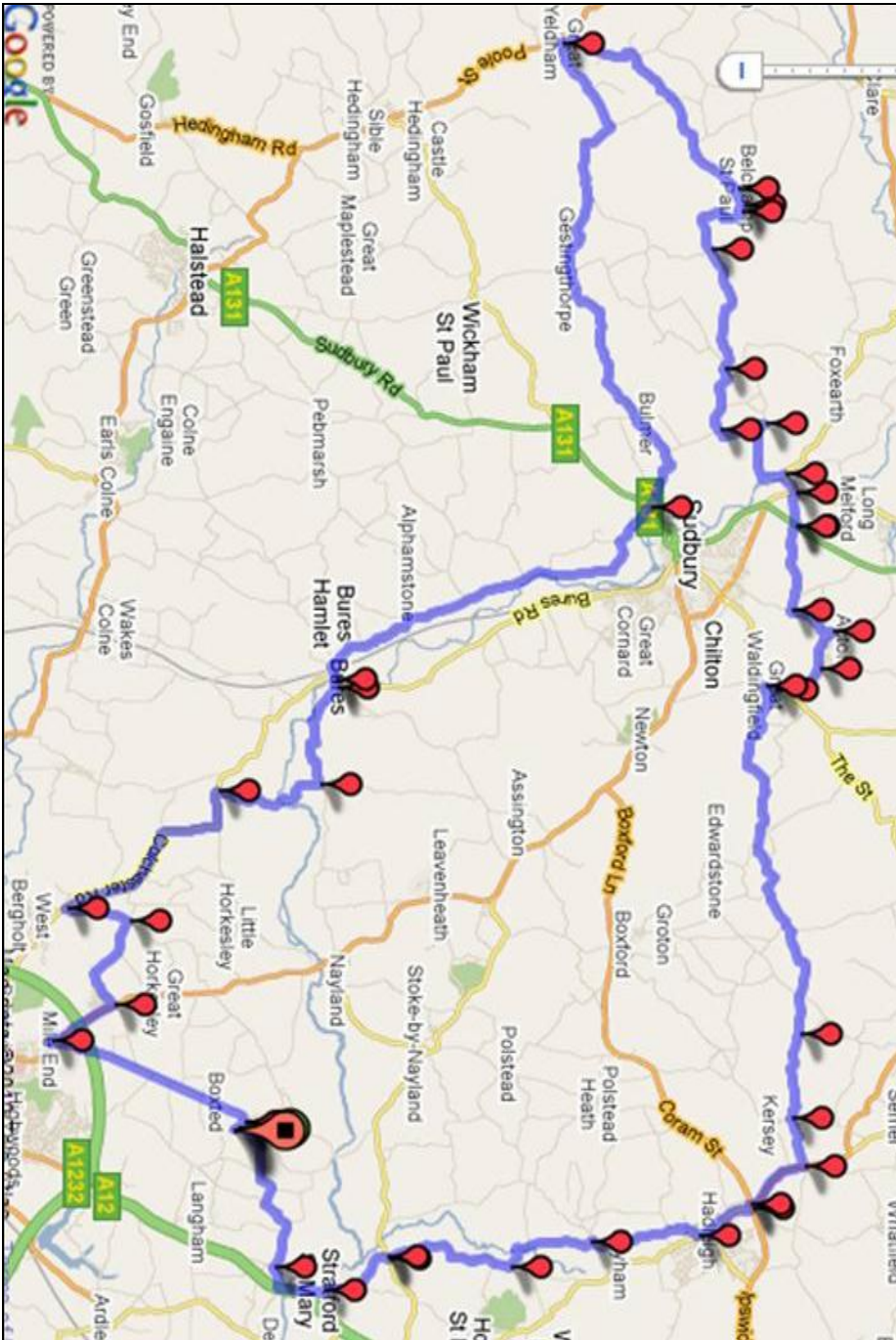
IN THE EVENT OF AN ACCIDENT, CALL 999 & STAY AT THE SCENE.

THE NEAREST A&E UNIT IS COLCHESTER GENERAL HOSPITAL, TURNER ROAD
TEL. 01206 747474

PLEASE ALSO CONTACT THE ORGANISER ON 07967 694 308

WE HOPE YOU ENJOY YOUR RIDE & WILL SUPPORT...

- VC REVOLUTION SPORTIVE ON 19 FEB (WEST BERGHOLT)
- COLCHESTER ROVERS SPORTIVE ON 26 FEB (GT BROMLEY)
- JOCK WADLEY ROAD RACE ON 11 MARCH (LAYER)



60 Mile Route

<u>PLACE/ROAD NUMBER</u>	<u>MILE</u>	<u>TURN</u>	<u>SIGNPOST DIRECTION/ROAD NAME/NUMBER</u>
BOXTED VILLAGE HALL	0	R ⇒	
BOXTED CROSS	0.1	R ⇒	LANGHAM DEDHAM
LANGHAM	2.5	L ⇐	IPSWICH STRATFORD ST MARY
SUFFOLK STRATFORD ST MARY	3.4	L ⇐	HIGHAM ROAD NATIONAL CYCLE ROUTE 1
HIGHAM B1068	4.5	R ⇒	EAST BERGHOLT IPSWICH
HIGHAM B1068	4.6	L ⇐	HADLEIGH ROAD (RAYDON, SHELLEY, LAYHAM)
LOWER RAYDON	6.4	L ⇐	SHELLEY, SOUTH SUFFOLK ROUTE A2
LOWER LAYHAM	7.8	R ⇒	HADLEIGH
HADLEIGH B1070	9.4	L ⇐	HIGH STREET
A1071	10.3	L ⇐ & R ⇒	SUDBURY A1071 (A134) A1141 BILDESTON LAVENHAM A1141 (B1115) STOWMARKET
A1141	11.3	L ⇐	KERSEY LINDSEY SOUTH SUFFOLK ROUTE A ST JAMES CHAPEL
KERSEY	12.1	R ⇒	LINDSEY ST JAMES CHAPEL
GT WALDRINGFIELD	18.7	R ⇒	BILDESTON B1115 LAVENHAM
GT WALDRINGFIELD	18.9	L ⇐	ACTON MELFORD TEN TREE ROAD
ACTON	19.6	L ⇐	PRIMARY SCHOOL VICARAGE LANE
ACTON	20.2	L ⇐	
NEWMANS GREEN	20.8	R ⇒	SUFFOLK CYCLE ROUTE A LONG MELFORD
A134	22.1	R ⇒ & L ⇐	X A134 BURY ST EDMUNDS SOUTH SUFFOLK ROUTE A MILLS LANE
LONG MELFORD X ROADS	22.6	S/ON ↑	B1064 FOXEARTH RODBRIDGE BORLEY ROAD SOUTH SUFFOLK ROUTE A
X RIVER STOUR/ESSEX	22.9	L ⇐	(BORLEY)
BORLEY	24.0	L ⇐	THE BELCHAMPS BULMER
	24.6	R ⇒	THE BELCHAMPS
	25.6	R ⇒	BELCHAMPS
BELCHAMP ST PAUL	28.7	L ⇐	BELCHAMP ST PAUL GT YELDHAM CHURCH STREET
GT YELDHAM	32.4	L ⇐	LITTLE YELDHAM GESTINGTHORPE BULMER
SUDBURY/BALLINGDON HILL TRAFFIC LIGHTS	40.2	S/ON ↑	X A131 MIDDLETON ROAD (GREAT HENNY LAMARSH BURES)
BURES HAMLET	45.8	L ⇐	SUDBURY B1508 BRIDGE STREET
SUFFOLK BURES ST MARY	45.9	R ⇒	STOKE NAYLAND SOUTH SUFFOLK ROUTE A2
X ROADS AFTER CLICKETT HILL	47.5	R ⇒	WORMINGFORD
WORMINGFORD	49.2	L ⇐	B1508 COLCHESTER
WEST BERGHOLT	52.3	L ⇐	GT HORKESLEY WESTWOOD PARK
WESTWOOD PARK X ROADS	53.2	R ⇒	GT HORKESLEY COACH ROAD
GT HORKESLEY MINI RAB	54.6	R ⇒	COLCHESTER A134
MYLAND RAB	55.6	1 ST L ⇐	BOXTED BOXTED ROAD
BOXTED CROSS	58.8	R ⇒	CAGE LANE
BOXTED CROSS	58.9	L ⇐	BOXTED VILLAGE HALL